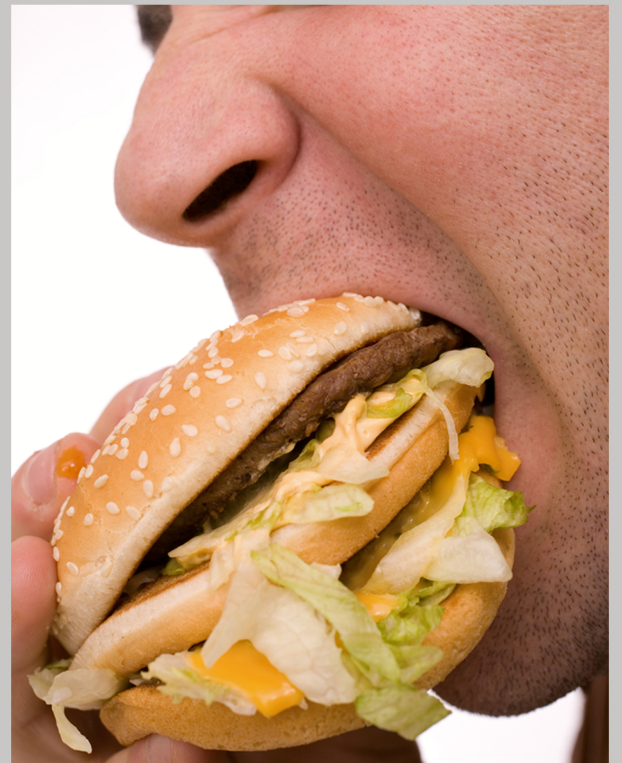


Would you put **JUNK** parts  
in an aircraft?

...so, why put **JUNK**  
food in your body?



**Eat high protein & low carb snacks during  
sleepiest times at work (3-5 am & 3-5 pm)**

- Plan healthy meals in advance.
- Take healthy meals & snacks to work.
- Drink 8 glasses of water per day.
- Avoid large meals before bedtime.

FOR MORE INFORMATION, GO TO:  
[MXFATIGUE.COM](http://MXFATIGUE.COM) OR [HFSKYWAY.FAA.GOV](http://HFSKYWAY.FAA.GOV)



Federal Aviation  
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